

# Family and Children's Centre Session Timetable 2025

## Mon

### ESOL Course

**Booking only, term time  
1pm-3pm**

Would you like to improve your English Skills? We're hosting free English courses at the neighbourhood centre delivered by Ripe Learning.

Scan to register for sessions



Download our Family and  
Children's Centre brochure



## Tue

### Mini Movers

**(at Rambert Dance Studio, SE1 9PP)  
9.45am-10.30am**

A music and movement session delivered by the Rambert Dance Company for you and your child to keep fit and have fun together.

### Babies Stay and Play

**Pre-walkers  
10am-11.30am**

A session for families with babies. Meet other families, get advice and support, and enjoy fun activities.

### Breastfeeding Counselling Sessions

**Booking only  
1pm-3pm**

An informal discussion group covering breastfeeding, starting solids, nutrition and more. Babies and children welcome. Please text Maria Yasnova on 07811825107 to book.

### Let's Talk Workshops

**Booking only, every 2 wks  
1pm-3pm**

An informal session to get advice, support and practical tips from the team on a range of topics including, sleep, play, communication, attachment, toileting, and being a Dad.

## Wed

### Let's Get Cooking

**Booking only  
9.30am-10.30am  
10.45am-11.45am**

This session provides an opportunity for families to cook healthy recipes from scratch, encourage your child to try different ingredients and learn new cooking skills.

### Baby Massage 5 Week Course

**(booking only)  
12.30pm-1.30pm**

A short course to help you feel close to your baby. An opportunity to promote interaction, bonding, relaxation, relief and stimulation techniques to promote sleep, relieve pain from colic, wind or constipation.

## Thu

### EPEC Being a Parent Course

**Referral only  
For parents of children aged 1-3  
10am-12pm**

A 9-week course to help parents learn practical skills to support you and your child. Session topics include looking after yourselves as parents, recognising and managing your child's emotions learning positive parenting strategies and working together as a team to support your children.

### Home from Home Session

**Referral only  
1pm-2.30pm**

A session for parents/carers to relax, talk, share experiences and tips on managing well-being, and learn more about child development.

## Fri

### Healthy Movers Stay and Play

**Under 5 years old  
10am-11.30am**

At the Colombo Centre SE1 8DP A session for families with under 5s. Meet other families, get advice and support, enjoy fun activities that support your child's physical development and promotes their self - esteem and wellbeing. Song and rhyme time regularly led by the Southbank Sinfonia.

### SENSory Explorers

**Under 5 years old  
10am-11.30am**

A fun friendly stay and play session for families with a child with SEN, disability or developmental concerns.

## Sat

### Wellbeing Through Nature

**10am-11.30am  
April 12, May 17, June 14,  
July 12 (once a month)**

At Southwark Park, Hawkstone Road, SE16 2PF. Come explore the outdoors and enjoy a variety of experiences like nature walks, feeding the ducks at the pond, creating natural art, sensory



# Support from Coin Street and our partners

## Henry Health Start brighter future sessions

A holistic approach that focuses on improving nutrition, emotional wellbeing, parenting confidence, oral health and a more active lifestyle.

Evelina London is providing free local HENRY sessions for Lambeth & Southwark families with children under 5.

We also offer an 8 - week programme called 'Healthy Families: Right from the start'.

For full information and how to book your place, please visit: [evelinalondon.nhs.uk/henry](http://evelinalondon.nhs.uk/henry)

## Bookstart

Bookstart gifts free books to children to help families read together every day and inspire children to develop a love of books and reading. Talk to our Early Years Educators for more information.



## Dolly Parton's Imagination Library

Enrol your child in Dolly Parton's Imagination Library and receive a free high-quality, age-appropriate children's book delivered every month in the post! Scan the barcode for more information.



## Family and Children's Centre 1-1 support and advice referral

Throughout the week we offer 1-1 advice on parenting and child development. Get support with routines, boundaries, sleep, speech and language, nutrition, education, and school readiness. Fill out the form by scanning the QR code and let us know how we can help you.



## The baby buddy app

Download the award-winning parenting and pregnancy app for guidance and support. Scan the barcode for more



## 50 things to do before you're 5

Exciting, open ended ideas for play for children aged 0-4. Scan the barcode for more information.



## Childcare Choices

Find out the childcare choices available to you. Help juggle family life and see what your options are. Scan the barcode to find out more

